

Rhode Island, The Ocean Plate!

I. Preface

Rhode Island, The Ocean Plate! is a workshop designed to bring awareness about the health benefits of eating locally grown and produced food. Food is one of the basics of life and Rhode Island produces a bountiful supply of high quality provisions. The cultural influences along with locally produced food gives the state a rich culinary history. Kenyon Grist Mill dates back to the early 1700's, still stone grinds it's own meals and flours which provides corn meal for Rhode Island's famous johnny cakes. Seafood fesitvals are held through out the summer, with local chefs competing for the best "chowda" and clamcakes. Newport's annual Chowder Cook-off, North Kingstown's Quahog Festival and Charlestown's salute to seafood keeps Rhode Islander's trying new local fish dishes. Residents enjoy their coffee milks made with coffee syrup, and the refreshing taste of a Del's lemonade on a smoldering summer day. Rocky Point Dinner Hall is still well known throughout the state for their famous Rhode Island Chowder, even though it is has closed. Local residents love to take out of town visitors for lobsters in Newport or to the landmark "mobile" diner, Haven Brothers for New York System wieners. Providence's Mayor Vincent Cianci is famous for his "Mayor's Own Marinara Sauce" and his donations made from the sales of the sauce that support scholarships for the city's youth. The local food supply is safe, affordable and accessible to all. Choosing to eat locally grown or produced food has many health advantages. These include less handling and processing, exposure to fewer to pesticides and optimal nutritional quality. The Rhode Island Department of Agriculture's slogan says it all " R.I. Grown, Fresher and Better, Just For You."

